



The Wee Book About Life, Love And Living

This guide is a big part of the talking, thinking and learning you will do at school this year
It's all about **relationships**, emotions, contraception, health, having your say and respect
Got a question about **life, love or living**? Got a worry?

Take a look in the wee book

the S3 edition

THE PRESSURE IS ON

S3 is a time when you might be feeling lots more pressure. You will have picked your exam subjects and maybe feeling the responsibility this brings. You might feel your parents/carers or brothers and sisters don't understand who you are and what you want from life. It's also a time when your feelings may become even stronger. This includes feelings about relationships including sexual relationships.

If you believed **everything** that people told you you'd think everyone was doing it. But they're not.

In a survey most Glasgow teenagers your age have not had sex.

Most teenagers your age think its okay to leave sex until they're a bit older and feel ready to handle the consequences. Many of the teenagers your age who have had sex had feelings of regret.

If you want to say no sometimes you have to **resist** the pressure.

When you want to say no, **say no**. Repeat it if you have to. If you want to, explain your reason for saying no. If they won't accept no means no, end the conversation and leave.

Remember its **okay** to change your mind at any time, even if you have been kissing or touching someone or if you are naked or in bed.

Sometimes young people think being in a relationship is a way of proving to themselves that they are attractive. If being in a relationship is just a way to prove this, then it's not the right reason and not fair on you or the other person. Don't just let sex happen in your relationship. Lots of older teenagers regret their first sex because they think later they were too young, or not ready yet, or they realise it wasn't the right person after all.



FEELINGS AND RELATIONSHIPS

If or when you are in a **relationship** it can feel fantastic. It can be a mix of strong emotional and romantic feelings about someone, and strong physical attraction to them too.

Talk with your boyfriend/girlfriend. Discuss what a sexual relationship will mean for you. Remember sex is not just a physical act, sex is also an expression of very strong emotional and personal feelings. Are you **both** really ready to handle the strong feelings and possible consequences of sex? If you or your boyfriend/girlfriend are not sure or not ready to talk about this, then you're not ready for sex.

Know what you want to say. Be honest. Know what you want to happen.

There are reasons why some young people have sex. And there are plenty reasons why most young people don't have sex.

Never feel trapped by a decision you make. If you have sex with someone you can decide not to do it again.

Don't be a stereotype! Think for yourself. If you have had sex with someone and don't want to do it again you still have the right to say no.

Remember most young people your age choose not to have sex.



- ★ If you don't use contraception you are risking getting pregnant
- ★ If you don't use a condom you are risking getting a sexually transmitted infection or HIV.
- ★ If you are not ready to talk to your boyfriend/girlfriend about contraception or condoms, you're not ready for sex.

THINK ABOUT

Whether you feel pressure to have sex. Is someone putting pressure on you?
Are you putting pressure on yourself?

FIND OUT MORE ABOUT

Making decisions about having sex at this website. Go to:

www.bebooksonline.co.uk

TALK ABOUT

Any questions or worries you have about your feelings or relationships with someone you trust. Remember it's never okay for someone to force you to do something you don't want to do. If someone respects you, they will respect your decisions.

SHOWING RESPECT

If someone likes you and respects you they:

- ★ Never put pressure on you to do something you're not ready for.
- ★ They listen to you and accept no means no.
- ★ They let you change your mind if you want to.

These things are **not** acceptable:

- ★ Putting pressure on someone to have sex. Remember if you are not sure your partner is giving clear consent, then they legally have not given their consent.
- ★ Telling lies or using someone to get what you want.
- ★ Threatening someone.
- ★ Not listening to someone when they change their mind - and they can change their mind at any time!
- ★ Not bothering with a condom when you have sex.
- ★ Not thinking about contraception and not getting it sorted beforehand.
- ★ Using mobiles to take sexual photos of someone. Sending any sexually explicit images by text or email to anyone under 16 is a serious criminal offence.

THINK ABOUT

How you behave with someone you fancy. Do you make sure you listen to them and respect what they say?

TALK ABOUT

Any worries or concerns you have. If someone is putting pressure on you find out about ways to handle it by talking to someone at a Sandyford clinic on **0141 211 8130** or phone ChildLine on **08001111**



CONTRACEPTION AND PROTECTION

It's important that you plan ahead for how you might **protect** yourself or your boyfriend/girlfriend if you become sexually active in future.

Contraception is about **preventing** pregnancy and there are different kinds that both men and women can use.

There's long lasting contraceptives that girls can use like a contraceptive implant, or there's condoms which boys can also take responsibility for.

Condoms also help **protect** against sexually transmitted infections and so you should use one even if you are using other kinds of contraception.

If a girl has sex without using any contraception, or maybe a condom has come off or burst during sex, she should contact a Sandyford clinic or go along to any pharmacy where she can get free emergency contraception which can prevent pregnancy up to 72 hours after unprotected sex. (It is most effective within the first 24 hours).

Remember, if you don't use contraception and condoms you are taking a risk when it comes to pregnancy, and sexually transmitted infections including HIV.

So, sort it out.

THINK ABOUT

The massive responsibility that comes with being a Mum or Dad. Most teenagers decide that being a parent is not for them, not yet.

THINK ABOUT

The relationship you are in. If you really like someone and you think you might have sex you need to think about contraception before you have sex.

FIND OUT MORE ABOUT

What contraception will suit you. You can do this at the Sandyford clinics. Information at: www.sandyford.org or phone **0141 211 8130** to find out your nearest clinic where you make an appointment or drop in. It's friendly and confidential.

TALK ABOUT

What your relationship means to you. Boys and girls thinking about having sex need to talk about what's right for them and how to keep each other safe. If you're not ready to talk about protection, you're not ready for sex.

SAFER SEX

Safer sex is all about **protecting** yourself and your boyfriend or girlfriend from sexually transmitted infections (STIs).

One of the most common STIs is **Chlamydia**. 1 in 20 young people under the age of 20 have the infection. Sometimes it has no symptoms and if left untreated can lead to infertility. Other STIs include **pubic lice, genital warts, herpes, gonorrhoea, hepatitis, syphilis and HIV**.

By using condoms when you have sex you can protect yourself from HIV and some other STIs.

Sometimes you don't have symptoms even when you have an STI so you don't know you have it. Sometimes you might get itching, or pain when you pee, rashes or a discharge. Not knowing you have an STI, or not treating one if you do, is very serious.

If you have sex you should get a regular check up at one of the Sandyford clinics.

CHECK IT OUT!

When it comes to sexual health and relationships we need to **look after** each other. If you care about someone enough to have a sexual relationship with them you should both think about getting regular sexual health check ups. It's the **safest** and most **mature** thing to do. Its easy to set up, **confidential** and **friendly**.

THINK ABOUT

Getting access to free condoms. There is more information about where to get free condoms if you follow the links on the Sandyford site at:

www.freecondomsglasgowandclyde.org

FIND OUT

How to use condoms properly. There's usually information on the packet or you can follow the links about condoms at:

www.teenagehealthfreak.org

TALK ABOUT

Any worries or concerns you have about STIs with someone you trust and get good confidential advice from a Sandyford clinic.

Human Immunodeficiency Virus (HIV) is a **virus**. It is found in body fluids such as blood, semen, vaginal fluid and breast milk. You can only get HIV from someone who **already** has the virus and **only** if any of these body fluids get into your bloodstream.

HIV is most commonly passed on in the following ways:

Unprotected Sex

Having unprotected sex (sex without using a condom) with someone who already has the virus is the most common way that people get HIV. This is the case in Scotland and in the rest of the world. HIV can be passed on through sex whether you are straight or gay.

Mother to child

If a woman has HIV, the virus can be passed on to her baby when she is pregnant – either when the baby is still in her womb, or from breast-feeding. In Scotland, all women are offered an HIV test when they are pregnant and advances in medicine mean that it is now very rare for a baby to get HIV this way.

Sharing Injecting Equipment

HIV can be passed on through sharing any drug injecting equipment such as syringes needles, water and filters - with someone who has the virus. Small drops of blood are likely to be left in or on the equipment, so people who inject drugs should not share with anyone else and always use a clean set of equipment.



Rates of HIV in Scotland have more than doubled in the past five years. If you are having sex, it is your **responsibility** to look after your own sexual health by using a condom. If you do find out that you have HIV or any other sexually transmitted infection it is also your responsibility to ensure that you do not pass it on to anyone else. It is now viewed as a criminal offence to knowingly infect another person.

How does HIV affect a person?

HIV causes a person's immune system to stop working properly over time so that they are unable to fight off everyday infections. There is no cure for HIV and there is not likely to be a cure in the near future. Some treatments are available which can stop or slow down the damage to the immune system, however HIV can be a difficult condition to live with. People living with HIV have to take strong medicine for the rest of their lives, which often has unpleasant side-effects.

You cannot catch HIV through everyday contact like playing sport, sharing cutlery or kissing, hugging or touching, using the same toilet or bathroom.

The only way to know if you have HIV, is to go for an HIV test. Free and confidential HIV tests are available at all Sandyford services and also your GP.



RISKY SITUATIONS

As well as all the fun and excitement that goes along with fancying someone and having new relationships this is also a time to get smart about how to look after yourself. Maybe you have a bit more freedom. Maybe you're trying to convince your parents or carers that its time to relax a bit when it comes to rules about going out with friends.

Here are some tips about keeping safe and avoiding worries:

- ★ If you are not ready for sex stick with your decision, be confident that you have made the right choice.
- ★ If you are ready for sex, before you do it, decide what kind of contraception you will use and use condoms as well.
- ★ Remember drinking alcohol or taking drugs affect your decisions and your ability to keep yourself safe.
- ★ Go out with groups of friends and stick together. If someone in the group feels ill look after them and get them home.
- ★ Don't leave drinks unattended.
- ★ If you have a mobile make sure it is charged and has credit.
- ★ If you don't have money, in an emergency, do you know how to make a reverse charges call? Check it out
- ★ If you feel unsafe or worried when you are out and about don't hesitate to phone home and get help.
- ★ Do not leave a party or club with someone you do not know.

THINK ABOUT

Getting access to free condoms. There is more information about where to get free condoms if you follow the links on the Sandyford site at:

www.freecondomsglasgowandclyde.org

FIND OUT MORE

About what consent means and what to do if someone has forced you to do something sexual that you did not want to do. Find out more at:

www.getthelowdown.co.uk

TALK WITH

Someone if you have had an experience which has left you hurt, sad or worried. It is not your fault if someone has hurt you and you should speak to someone about it.

Pick an adult you trust, or get an appointment at the Sandyford clinic by phoning **0141 211 8130**.

Or phone ChildLine for a confidential chat on **08001111**

FRIENDSHIP AND SUPPORT

We **all** have the right to be healthy, happy and safe from harm.

On top of that it's great when we have friends who we can be **open** and **honest** with.

Good friends **stand** by each other. And stand up for each other.

It **doesn't matter** about a person's race, whether they have a disability or what religion they are.

Good friends are also **important** when someone comes out as lesbian, gay, bisexual or transgender because it's a time when you need to know people like you for who you are.

Sometimes adults say some **awful** things about people because they have a different background or because they are lesbian, gay, bisexual or transgender. Kids hear it and maybe believe it too. It's sad but sometimes people discriminate against people or bully them because they are different from them. When this happens friends are there to **listen** and **understand** and help get **support** for their friend.

THINK ABOUT

What makes you and your friends similar to each other, and different from each other.

FIND OUT

More about being Lesbian, Gay, Bisexual or Transgender at the LGBT Youth Scotland web site at:

www.lgbtyouth.org.uk

or follow the links about being Lesbian, Gay, Bisexual or Transgender at:

www.teenagehealthfreak.org



If you want to speak to someone about a bigger question or worry you can phone **ChildLine** on 08001111 or visit www.childline.org.uk



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